Inhalants

Learning Objectives

- Identify the three classes of inhalants.
- Identify the types of inhalants that are abused.

What are Inhalants?

- **Breathable chemical vapors that produce mind altering effects.**
- **There are three types of inhalants**
  - **Solvents**
  - **Gases**
  - **Nitrites**
- **Street names include *poppers, snappers, ozone*.**

How are Inhalants Abused?

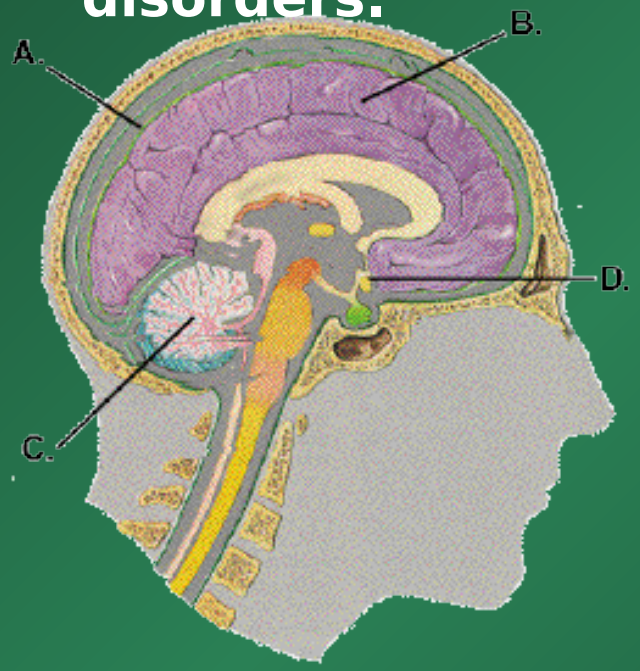
- Inhalants are ingested into the body by breathing in the vapors of the product. Several methods of inhalation can be used by abusers:
  - Using a bag
  - Using a rag
  - Using pressurized containers

Effects of Inhalants

- Chronic Memory Loss
- Emotional Instability
- Slurred Speech
- Body Tremors
- Sight Disorders
- Liver Damage
- Hearing Loss
- Kidney Damage
- Bone Marrow Damage
- Paralysis
- Brain Damage
- Sudden Sniffing Death

Inhalants & Brain Damage

A. **Brain** – Inhalants abuse causes a variety of serious sensory and psychological disorders.



B. **Cerebral Cortex** – Inhalant abuse causes personality changes, memory loss, hallucinations, and learning disabilities.

C. **Cerebellum** – Inhalant abuse causes loss of coordination, slurred speech, chronic tremors, and uncontrollable shaking.

D. **Ophthalmic Nerve** – Inhalant abuse can cause serious sight disorders, including blindness.

Products Abused

- Rubber Cement
- Hair Spray
- Fabric Protector
- Chloroform
- Paint Thinner
- White Out
- Whippets

- Toxic Markers
- Lighter Fluid
- Gasoline
- Octane Booster
- Nitrous Oxide
- Room Deodorizer
- Helium

Additional Information

Additional information on inhalants can be found by contacting the Army Substance Abuse Program or by visiting www.acsap.army.mil.

WARRIOR

Personal Courage: Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.

Respect: Show your Respect to the Army, your unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.

Integrity: Stay true to the Army Values and Warrior Ethos by supporting the Army's drug and alcohol policies.

Duty: Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.

Excellence: Exhibit honorable behavior on and off duty - don't be a substance abuser!